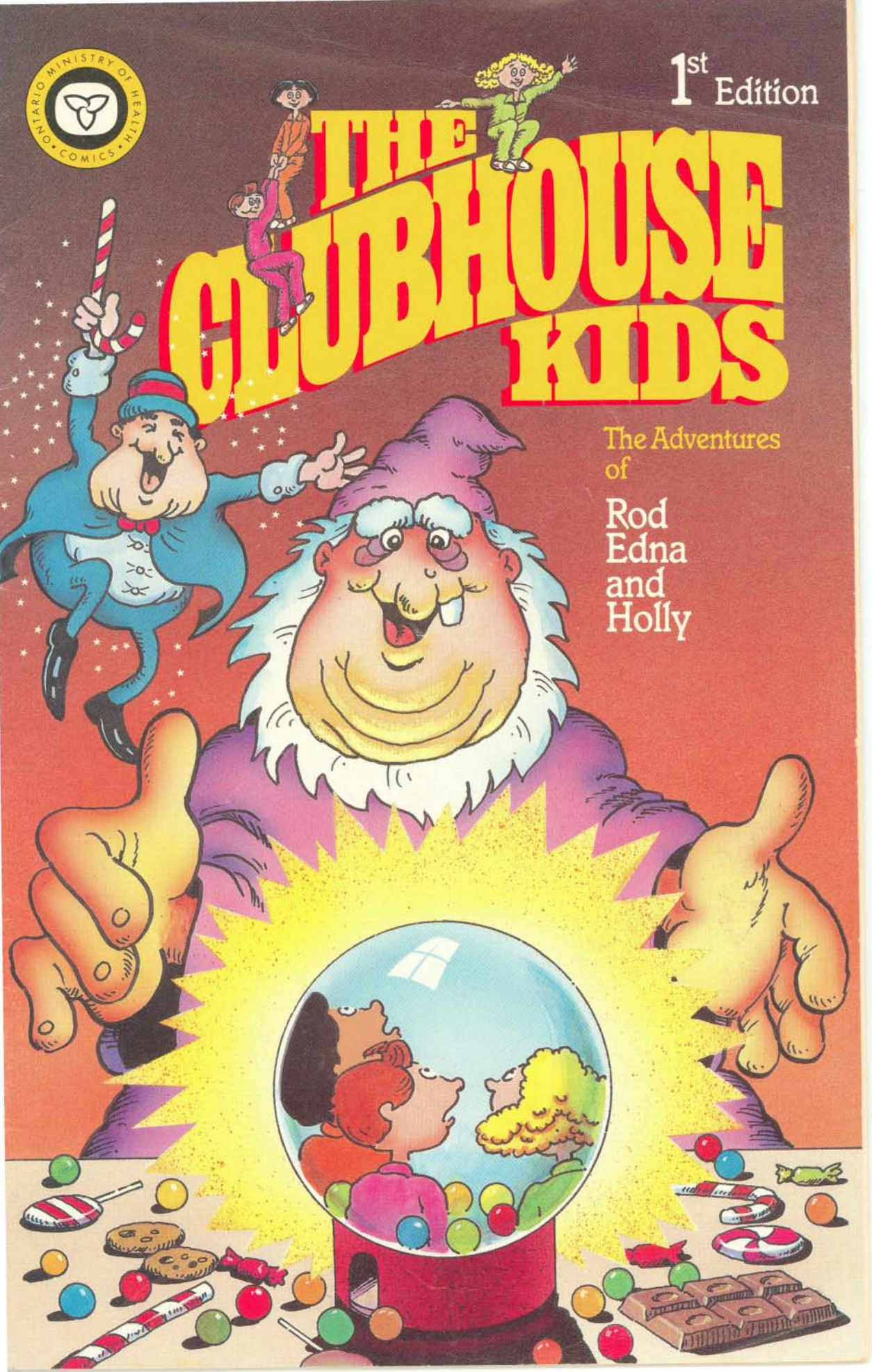

ONTARIO MINISTRY OF HEALTH
COMICS
1st Edition
THE CLUBHOUSE KIDS
The Adventures of
Rod
Edna
and
Holly

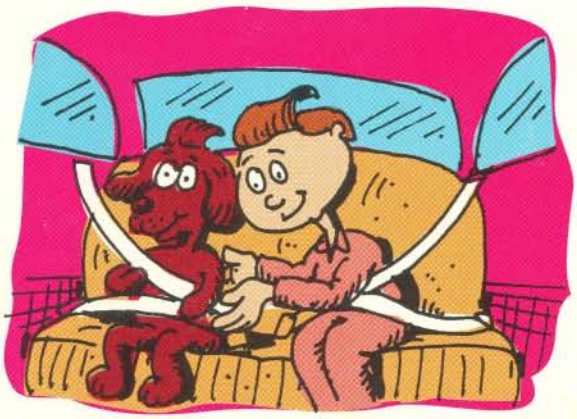
DON'T BE A DODO!

DON'T BE A DODO WHEN YOU BIKE...

BE SMART! FOLLOW THE RULES OF THE ROAD AND WEAR A HELMET!

ALWAYS SWIM WITH OTHERS, NEVER ALONE!

AND DON'T DIVE WITHOUT KNOWING THE WATER!



ALWAYS BUCKLE UP YOUR SEATBELTS...

IT COULD SAVE YOUR NECK!

A VISIT TO MOLAR MOUNTAIN

STORY: DON DOGOOD
ART: JOE EATWELL

IT ALL HAPPENED THE NIGHT OF THE FULL MOON!

INSIDE THE WIZARD'S HIDEOUT...

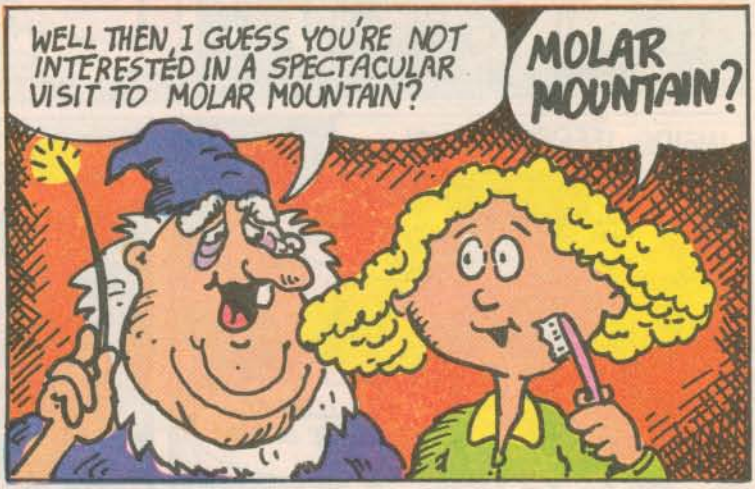
SUDDENLY!

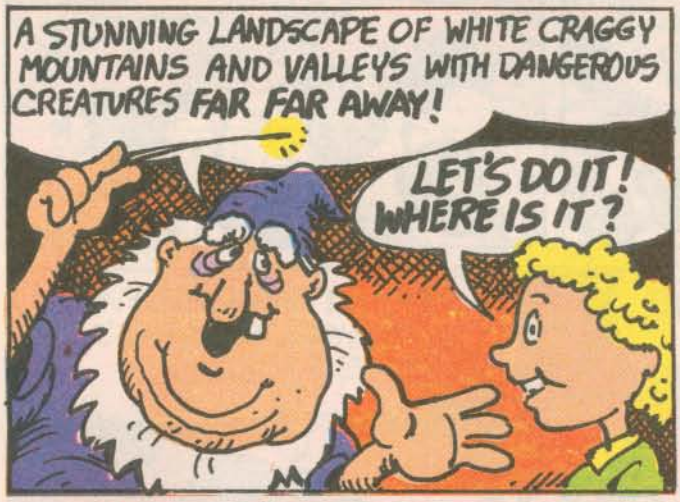
IT CAN'T BE! THIS IS TERRIBLE! AWFUL!

WHAT IS IT?
I HAVEN'T DONE MY DIRTY DEED FOR THE DAY!
GET ME MY CRYSTAL BALL! LET'S SEE WHAT THOSE MISERABLE CLUBHOUSE KIDS ARE UP TO!
HOLLY. SHE'S BRUSHING HER TEETH!
PERFECT! QUICK, GET ME MY TOOTH FAIRY OUTFIT!
IT'S TIME TO PUT SOME TEETH INTO OUR NASTINESS!
WITH ANY LUCK I'LL TURN THAT GOODY TWO-SHOES INTO A REAL DENTAL CASE!
WHAT TOOTH FAIRY OUTFIT?

MOMENTS LATER IN HOLLY'S HOME...
HELLO, I'M YOUR TOOTH FAIRY AND THIS IS MY ASSISTANT.

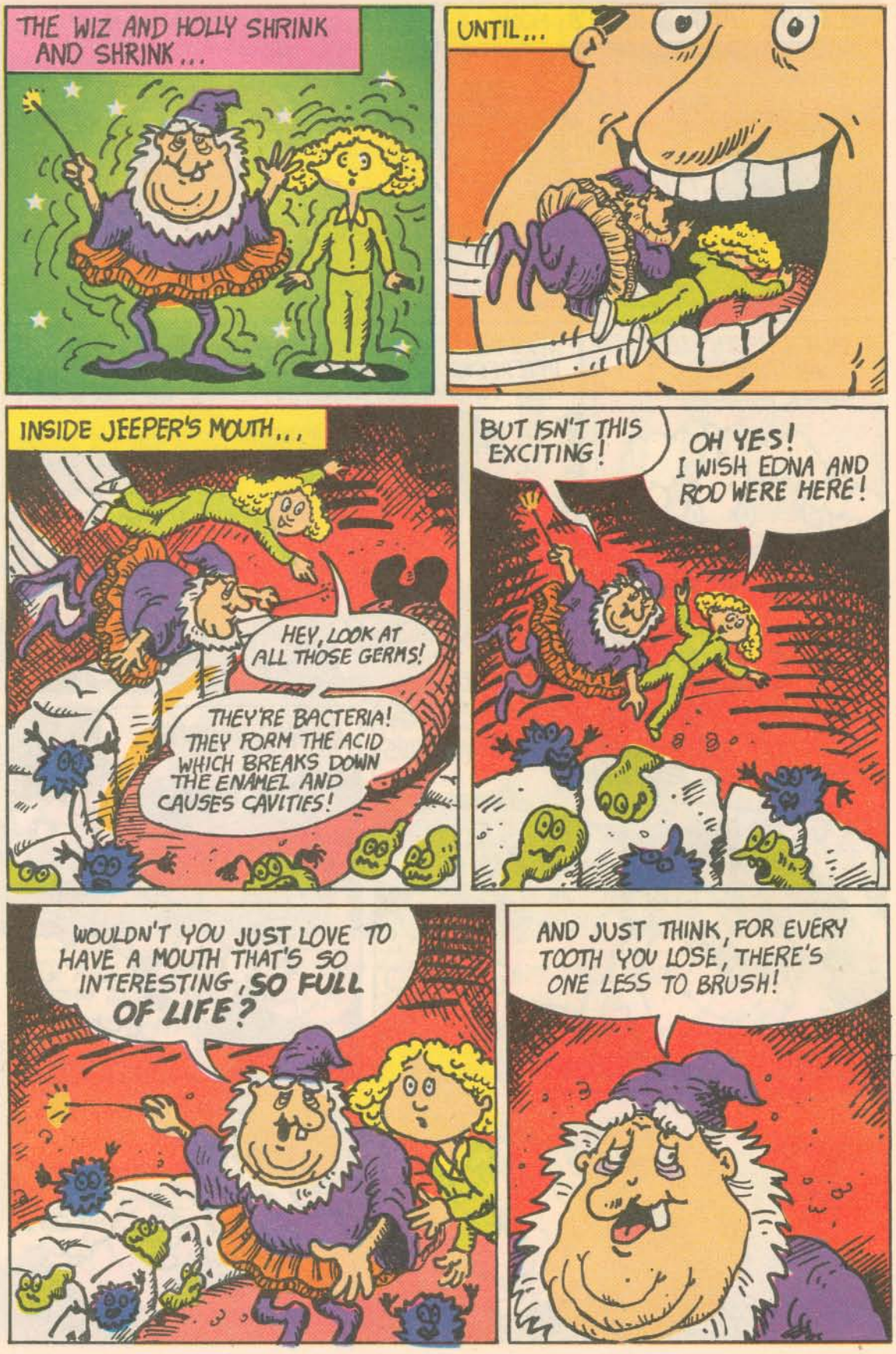
BUT I HAVEN'T LOST ANY TEETH!


WELL THEN, I GUESS YOU'RE NOT INTERESTED IN A SPECTACULAR VISIT TO MOLAR MOUNTAIN?
MOLAR MOUNTAIN?

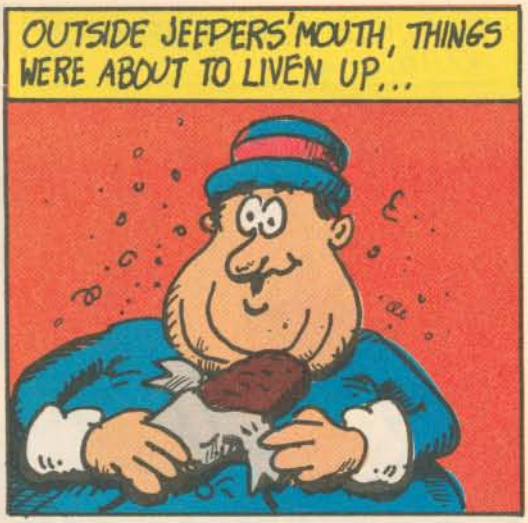

A STUNNING LANDSCAPE OF WHITE CRAGGY MOUNTAINS AND VALLEYS WITH DANGEROUS CREATURES FAR FAR AWAY!
LET'S DO IT! WHERE IS IT?

IN HIS MOUTH.
?
?

BIBBLYBOPS, JEEPER'S CHOPS, MAKE US TINY TILL I SAY STOP!!!


THE WIZ AND HOLLY SHRINK AND SHRINK...
UNTIL...
INSIDE JEEPER'S MOUTH...
HEY, LOOK AT ALL THOSE GERMS!
THEY'RE BACTERIA! THEY FORM THE ACID WHICH BREAKS DOWN THE ENAMEL AND CAUSES CAVITIES!
BUT ISN'T THIS EXCITING!
OH YES! I WISH EDNA AND ROD WERE HERE!
WOULDN'T YOU JUST LOVE TO HAVE A MOUTH THAT'S SO INTERESTING, SO FULL OF LIFE?
AND JUST THINK, FOR EVERY TOOTH YOU LOSE, THERE'S ONE LESS TO BRUSH!

NO! I WANT MY TEETH TO LAST FOREVER!
THIS KID IS GETTING ON MY NERVES!


OUTSIDE JEEPERS' MOUTH, THINGS WERE ABOUT TO LIVEN UP...

IT STINKS IN HERE!
YOUR ASSISTANT'S BAD BREATH AND RECEDING GUMS ARE CAUSED BY BAD DENTAL HABITS.

YOU SHOULD NEVER RUSH YOUR BRUSH! IT TAKES ABOUT 3 MINUTES TO DO THE JOB RIGHT!

YOU SHOULD CLEAN BETWEEN YOUR TEETH WITH FLOSS EVERY DAY AND AVOID SUGARY TREATS, ESPECIALLY STICKY, GOOEY ONES--
I'M GETTING A HEADACHE.

MEANWHILE OUTSIDE JEEPERS' MOUTH...
INSIDE JEEPERS' MOUTH-A CATACLYSMIC DISTURBANCE!
WHAT IS IT?
IT'S A TOOTHQUAKE!
JEEPERS!
PFOOEY!
IF I WERE YOU I'D SWITCH TO A FLUORIDE TOOTHPASTE AND MAKE SURE TO SEE THE DENTIST REGULARLY!
JEEPERS! GURGLE GAGGLE GURGLE...

MINE POLISHES MY TEETH AND GIVES ME A FLUORIDE TREATMENT. SOMETIMES I EVEN GET SUGARLESS GUM!
WHAT'S YOUR DENTIST'S NAME?
GAGGLE!

STOP!

SUDDENLY THEY ARE ALL FULL SIZE!
HA HA HA!
HA HA HA!!!

I'VE HAD JUST ABOUT ENOUGH!

??
I KNOW SOMETHING YOU HAVEN'T HAD!

YOUR WISDOM TEETH!
THE END

JUNKAHOLICS!
FEATURING CAPTAIN DYNAMO!
IN A SECRET HIDING PLACE FAR FAR AWAY...
MIRROR MIRROR ON THE WALL, WHO'S THE WICKEDEST ONE OF ALL?
IT AIN'T YOU DUDE! AND THIS AIN'T NO WALL!
I NEVER DID LIKE THAT MIRROR! ALWAYS MADE ME LOOK SHORT!
ZAP

JEEPERS!!! WHERE'S MY SNACK?

HERE YOU ARE SIR - A DOUBLE CHOCOLATE CHOCOLATE SUNDAE SMOTHERED WITH CHOCOLATE SYRUP OVER A CHOCOLATE FUDGE CAKE!
SEND IT BACK!

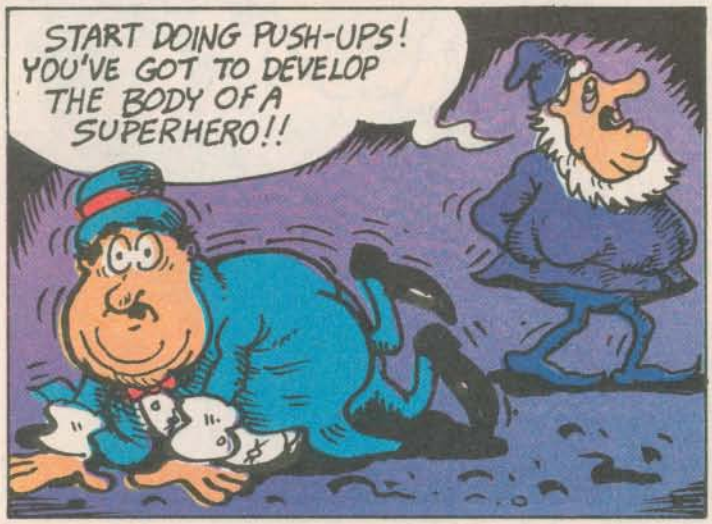
BUT WHY?
THERE'S NOT ENOUGH CHOCOLATE!

LATER
JEEPERS, I'M DEPRESSED! I'M JUST NOT SETTING A BAD ENOUGH EXAMPLE FOR THE YOUNGER GENERATION!

SO THE WIZARD TUNED INTO THE CLUBHOUSE KIDS ON HIS CRYSTAL BALL..
LOOK, THOSE KIDS HAVE BEEN CHOSEN TO DO A CLASS PROJECT ON THE 4 FOOD GROUPS!
ALL THIS HEALTHY LIFESTYLE STUFF MAKES ME SICK!

THE WIZARD NEEDED A PLAN...
THE 4 FOOD GROUPS? YOU MEAN MILK AND MILK PRODUCTS, FRUITS AND--
QUIET! ONE MORE WORD AND I'LL TURN YOU INTO A CUMQUAT!

FINALLY HE GOT AN IDEA!
WHAT DO YOU MEAN FINALLY?!

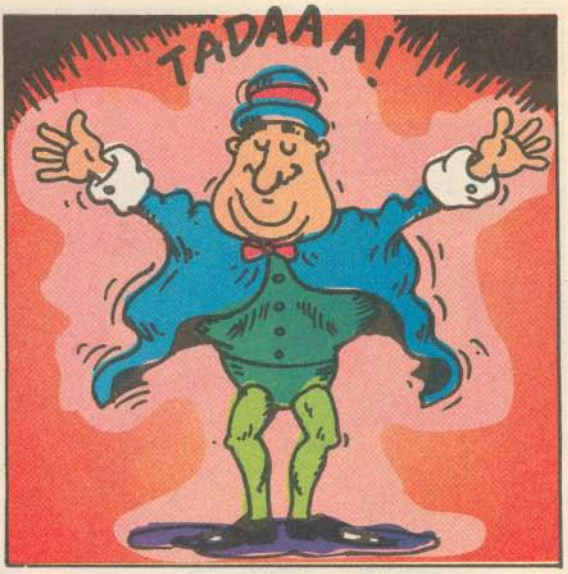

START DOING PUSH-UPS! YOU'VE GOT TO DEVELOP THE BODY OF A SUPERHERO!!

BUT, BUT--
WHERE ARE MY DOUGHNUTS? WHEN I'M WICKED I NEED REALLY WICKED JUNK FOOD!!

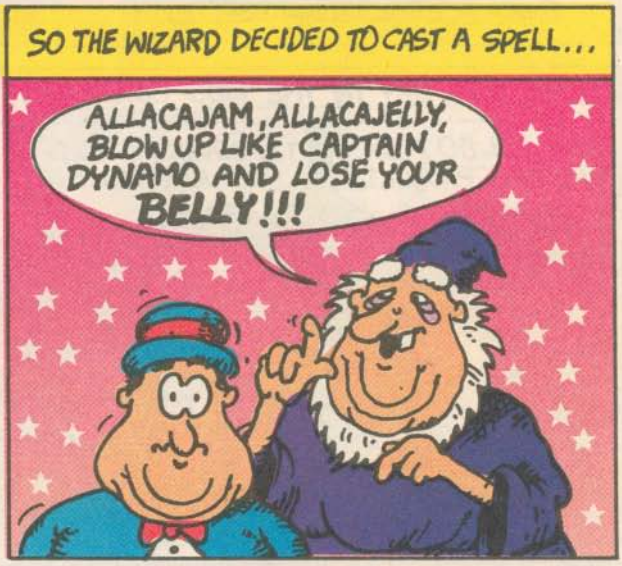
LOOK! CAPTAIN DYNAMO, THE SUPERHERO!! THE KIDS LOVE HIM! HE FIGHTS FOR HEALTH, FITNESS AND THE SENSIBLE WAY!

CAPTAIN DYNAMO WILL TELL THE KIDS THAT THE REAL 4 FOOD GROUPS ARE CANDIES, COOKIES, CHIPS AND CAKE!
WHY WOULD HE DO THAT?

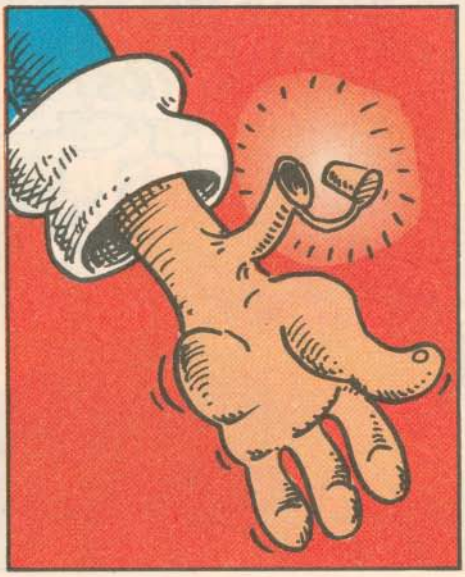
HE WON'T DO IT! YOU'LL DO IT!
HOW ARE YOU DOING WITH THOSE PUSH-UPS?


TADAAA!

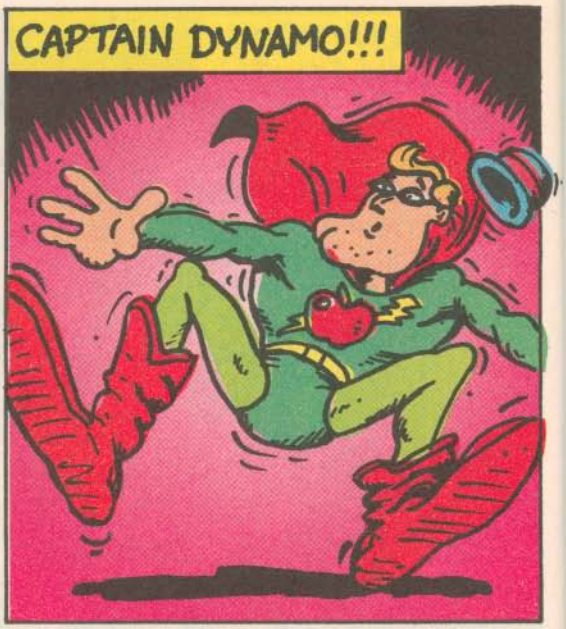
BOING!


SO THE WIZARD DECIDED TO CAST A SPELL...
ALLACAJAM, ALLACAJELLY, BLOW UP LIKE CAPTAIN DYNAMO AND LOSE YOUR BELLY!!!

??? BUT I'M STILL ME!
OF COURSE NOT, YOU OVERGROWN EGGPLANT! LOOK AT YOUR WRIST!!

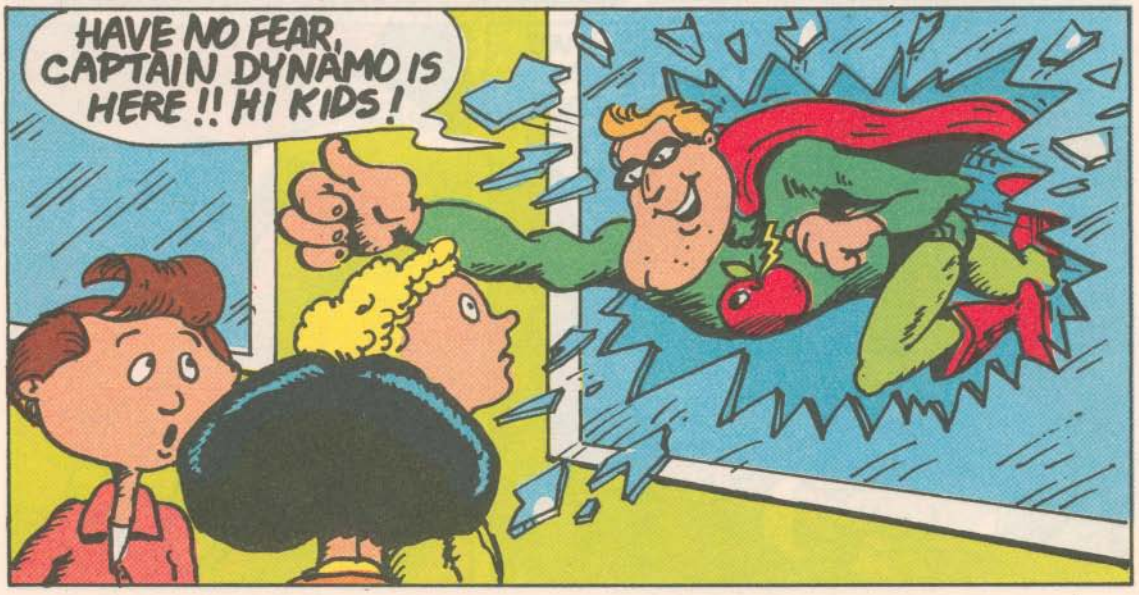


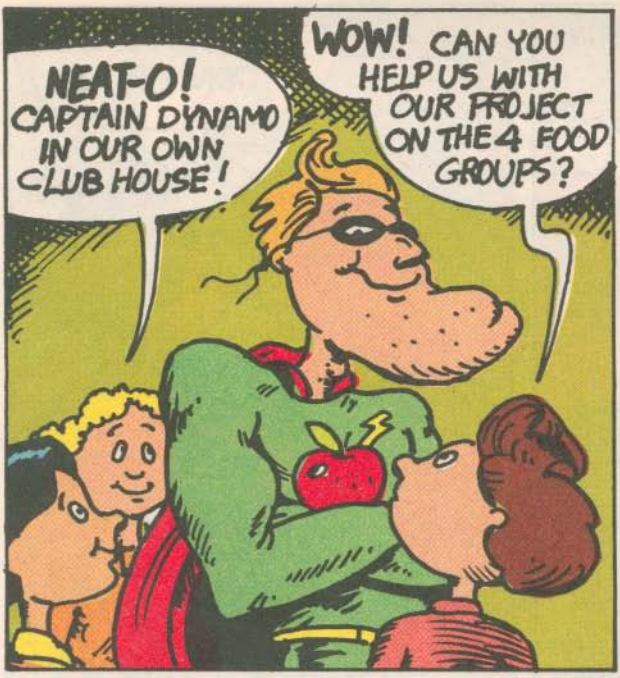
SO JEEPERS BLEW... AND BLEW... AND BLEW... UNTIL HE BECAME...
PHEW


CAPTAIN DYNAMO!!!

LATER THAT DAY IN THE KIDS' CLUBHOUSE...
OKAY, I'LL DO MILK AND MILK PRODUCTS!
I'LL COVER THE FRUITS AND VEGETABLES...
I'LL TALK ABOUT MEAT, FISH, POULTRY AND ALTERNATES!

BUT WHAT ABOUT THE FOURTH FOOD GROUP?


HAVE NO FEAR, CAPTAIN DYNAMO IS HERE!! HI KIDS!

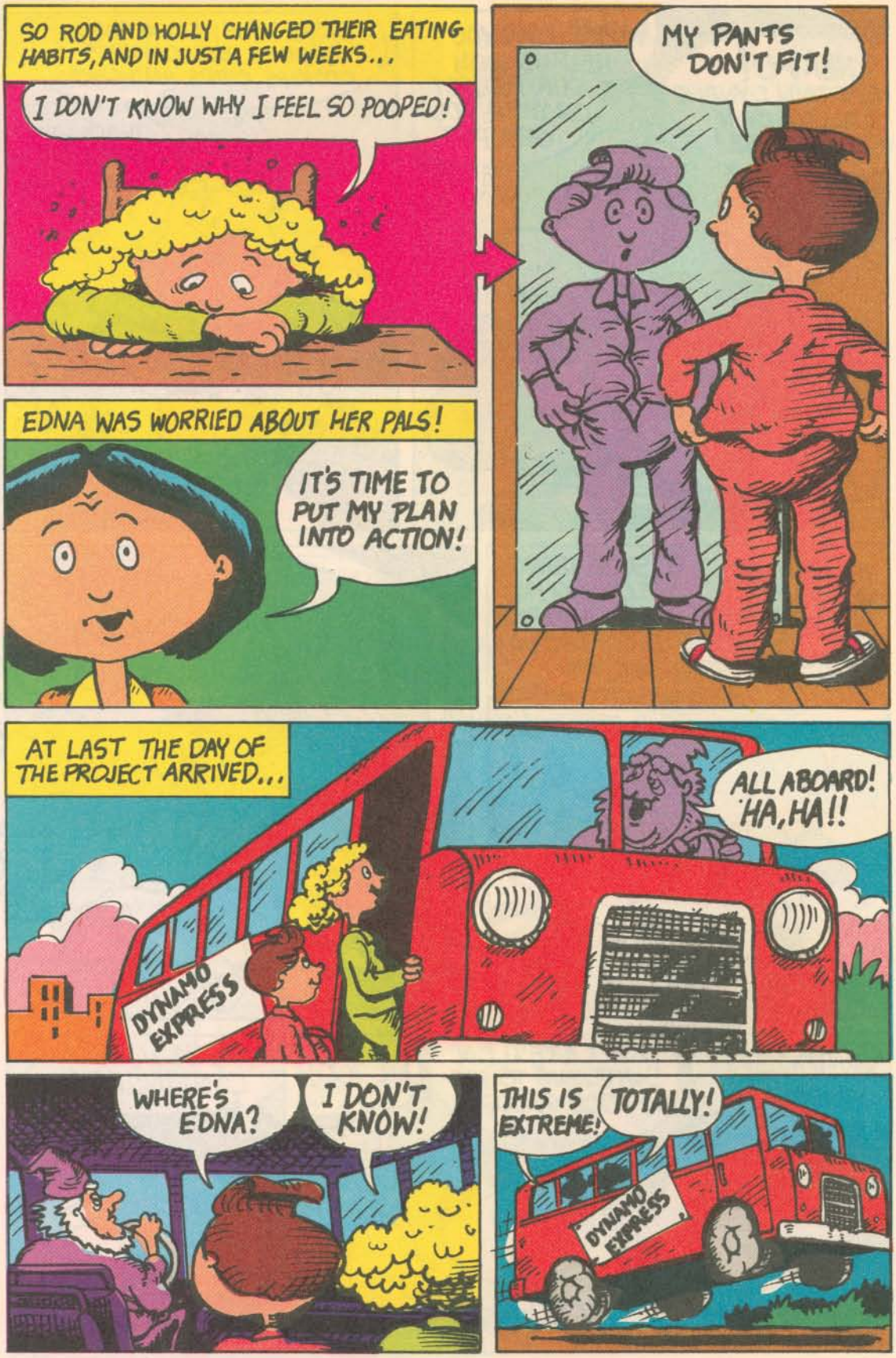

NEAT-O! CAPTAIN DYNAMO IN OUR OWN CLUB HOUSE!
WOW! CAN YOU HELP US WITH OUR PROJECT ON THE 4 FOOD GROUPS?

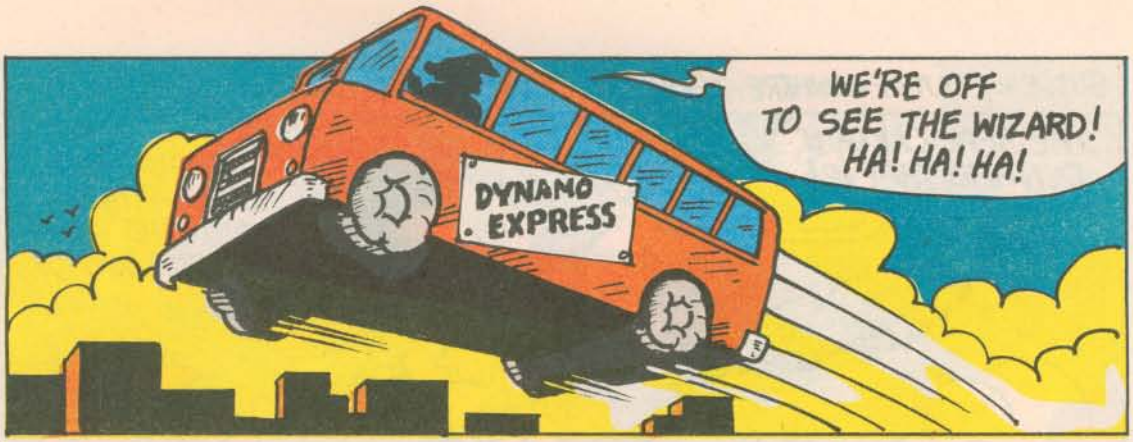
SURE! THE REAL 4 FOOD GROUPS ARE CANDIES COOKIES, CHIPS AND CAKE!
THAT'S WHAT I EAT WHEN I'M AT THE SECRET DYNAMO DEN!
?
?

THE DYNAMO DEN? WOW! CAN WE BRING OUR CLASS FOR THE PROJECT? PLEASE!
SURE THING! I'LL SEND MY DRIVER TO PICK EVERYONE UP! SEE YOU THEN!

CAPTAIN DYNAMO NEVER BREAKS WINDOWS!
WHO CARES! I'M SWITCHING TO HIS 4 FOOD GROUPS!
ME TOO!

I'M NOT CONVINCED!


SO ROD AND HOLLY CHANGED THEIR EATING HABITS, AND IN JUST A FEW WEEKS...
I DON'T KNOW WHY I FEEL SO POOPED!
MY PANTS DON'T FIT!
EDNA WAS WORRIED ABOUT HER PALS!
IT'S TIME TO PUT MY PLAN INTO ACTION!
AT LAST THE DAY OF THE PROJECT ARRIVED...
ALL ABOARD! HA, HA!!
DYNAMO EXPRESS
WHERE'S EDNA?
I DON'T KNOW!
THIS IS EXTREME!
TOTALLY!
DYNAMO EXPRESS


DYNAMO EXPRESS
WE'RE OFF TO SEE THE WIZARD! HA! HA! HA!

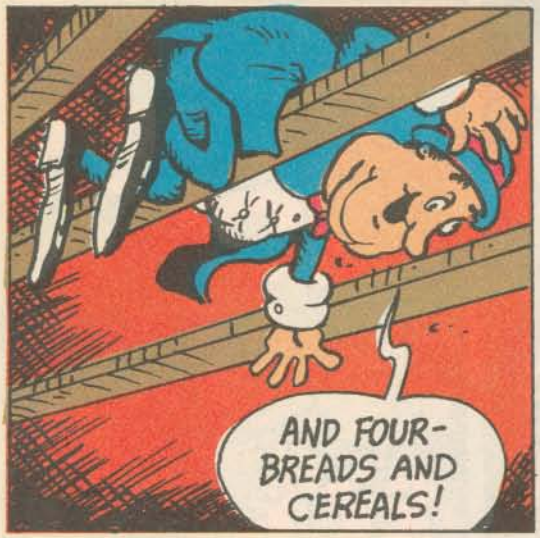
FINALLY THEY ARRIVED AT THE DYNAMO DEN...
DYNAMO EXPRESS

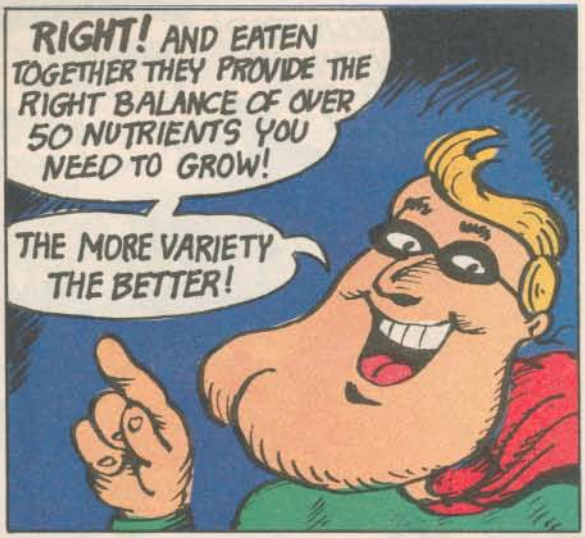
THIS IS GETTING SPOOKY!
TOTALLY!

GREETINGS CHILDREN! I'VE BEEN ASKED TO TALK TO YOU ABOUT THE REAL 4 FOOD GROUPS – CANDIES, COOKIES...

HA! HA! TIME FOR A LITTLE GROUP HYPNOSIS!
HEEBIE-JEEBIE, DYNA-SHMO, WHEN I SAY--

SUDDENLY OUT OF NOWHERE APPEARS... CAPTAIN DYNAMO!
THE REAL CAPTAIN DYNAMO, THAT IS!
FIGHTING FOR HEALTH, FITNESS AND THE SENSIBLE WAY!
YIKES!
PSSSSS
NO MORE "HEALTH" SPELLS FROM YOU!
OKAY, LET'S TALK ABOUT THE 4 FOOD GROUPS! WHAT ARE THEY?
ONE- MILK AND MILK PRODUCTS!
TWO- FRUITS AND VEGETABLES
THREE- MEAT, FISH, POULTRY AND ALTERNATES...


AND FOUR-BREADS AND CEREALS!


RIGHT! AND EATEN TOGETHER THEY PROVIDE THE RIGHT BALANCE OF OVER 50 NUTRIENTS YOU NEED TO GROW!
THE MORE VARIETY THE BETTER!

AT THAT MOMENT THE WIZARD TRANSFORMED HIMSELF!
WATCH OUT CAPTAIN!!!

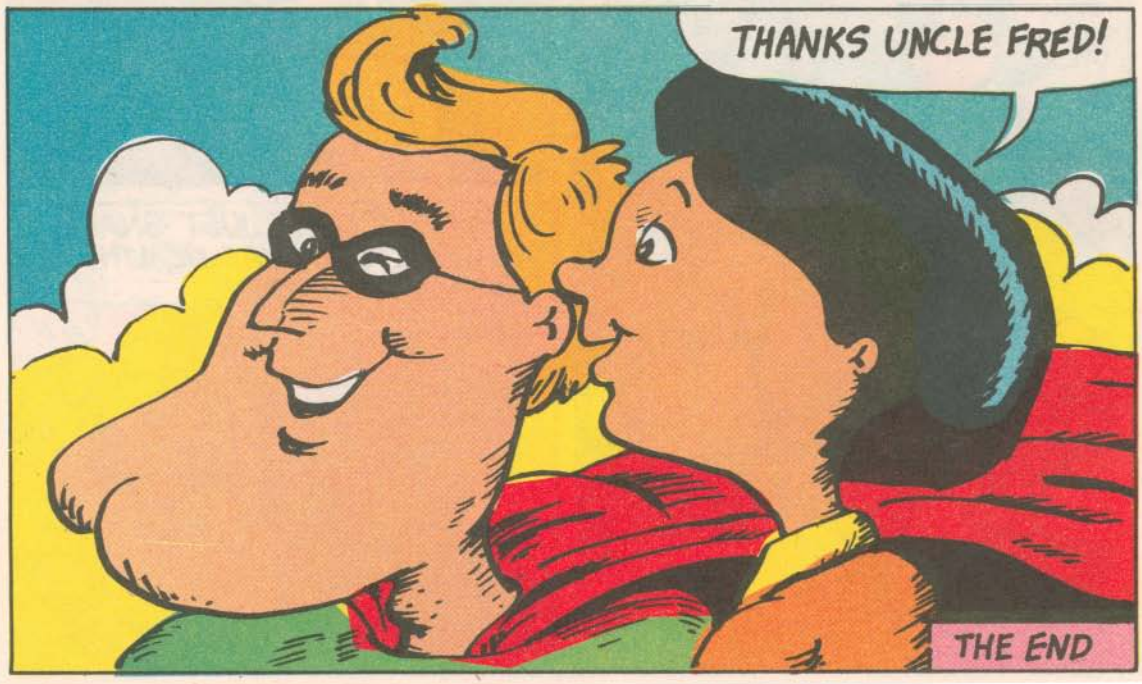
SEE! THIS GORILLA IS HOPELESSLY OUT OF SHAPE!
WHO NEEDS THIS GUY?!

REMEMBER, DON'T JUST SNACK ON JUNK FOOD! EAT HEALTHY SNACKS INSTEAD!

FEEL GOOD ABOUT FOOD! BE A HEALTHY DYNAMO, NOT A TIRED-OUT JUNKAHOLIC!
HE'S RIGHT YOU KNOW!
WHO ASKED YOU?!!
BOING!

HOW DID YOU KNOW HE WAS A FAKE?
HOW DID YOU BRING HIM HERE?
DO YOU KNOW HIS SECRET IDENTITY?

SORRY, BUT I'M SWORN TO SECRECY!


THANKS UNCLE FRED!
THE END

BACKWARDS INTO THE FUTURE!

LATE ONE NIGHT, AFTER A MAJOR TV MARATHON...

OH GLENDA, DO YOU REALLY LOVE ME?

YES BRUCE, I LOVE YOU EVEN MORE THAN CHET!

CHET? WHO'S CHET?!

HE'S MY PUSSYCAT!

YAWN! TIME FOR BED.

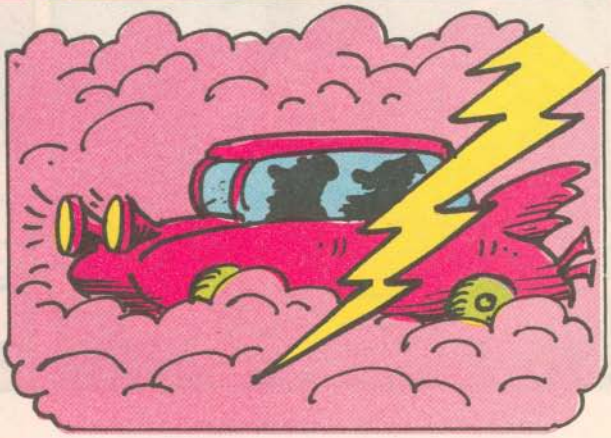
BUT FALLING ASLEEP WASN'T SO EASY!

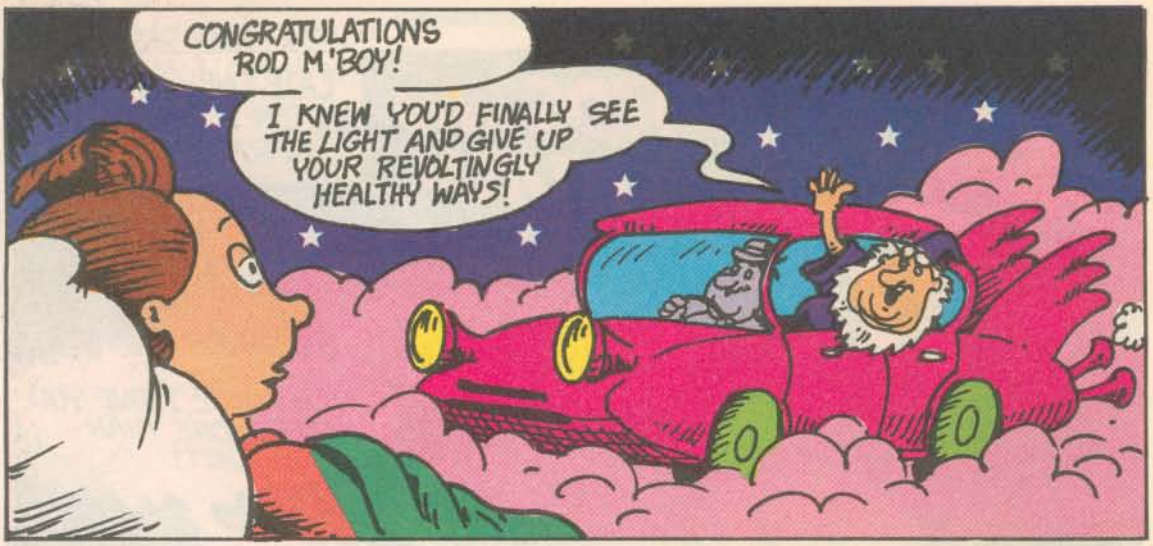
I CAN'T BELIEVE I JUST WATCHED 12 STRAIGHT HOURS OF TV!

MY BRAIN HURTS!

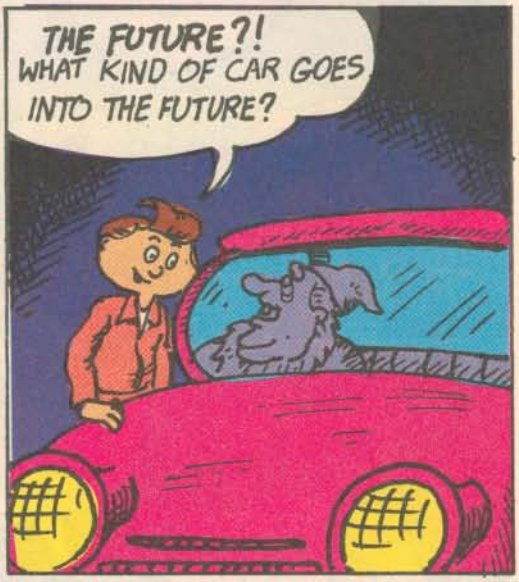
FINALLY...

ZZZZZZZ




CONGRATULATIONS ROD M'BOY!
I KNEW YOU'D FINALLY SEE THE LIGHT AND GIVE UP YOUR REVOLTINGLY HEALTHY WAYS!

COME WITH ME INTO THE FUTURE AND SEE WHERE YOU'RE HEADING, NOW THAT YOU'VE FINALLY TURNED OVER A NEW LEAF!


THE FUTURE?! WHAT KIND OF CAR GOES INTO THE FUTURE?

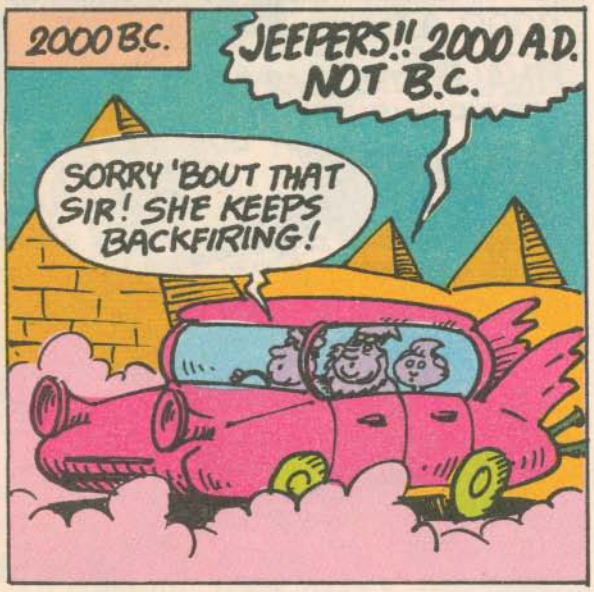
WHY IT'S A TIME MACHINE! AND IT GOES FROM 0 TO 60 YEARS IN JUST 9 SECONDS! HOP IN!!

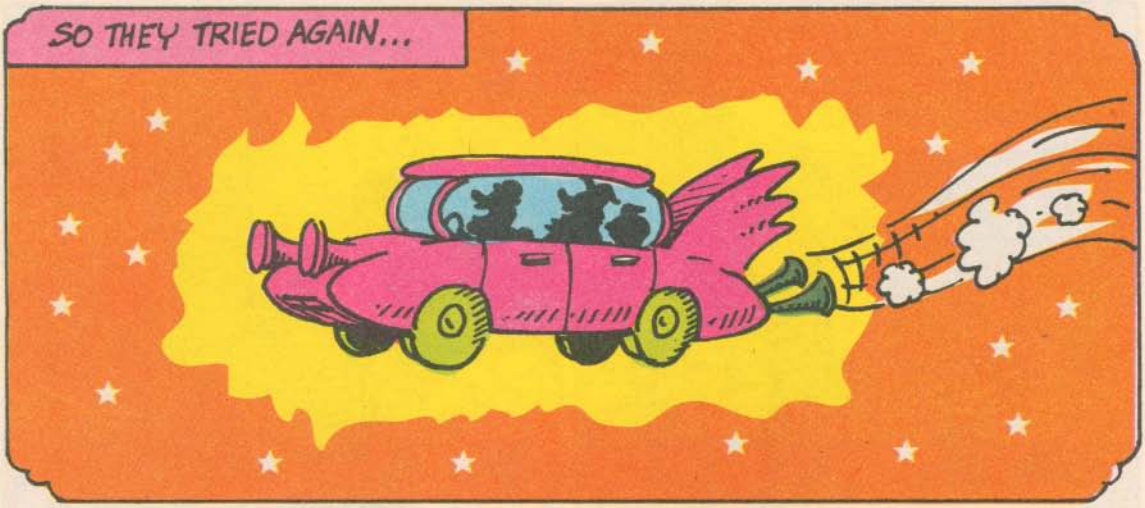
A TIME MACHINE! WOW! THIS IS EXCELLENT!
WHERE IS THE SEATBELT?

THE SEATBELT?!! HA, HA, HA...
YOU HEAR THAT JEEPERS? THIS BOY IS A COMEDIAN!!

NEXT STOP, THE YEAR 2000!
2000

FFSSSHHHH

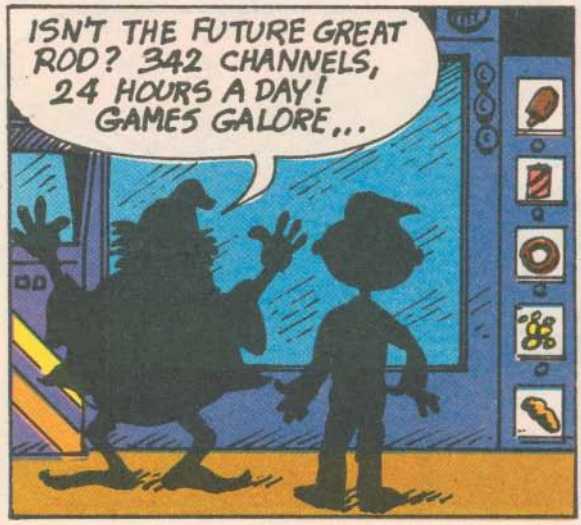

2000 B.C.
JEEPERS!! 2000 A.D. NOT B.C.
SORRY 'BOUT THAT SIR! SHE KEEPS BACKFIRING!

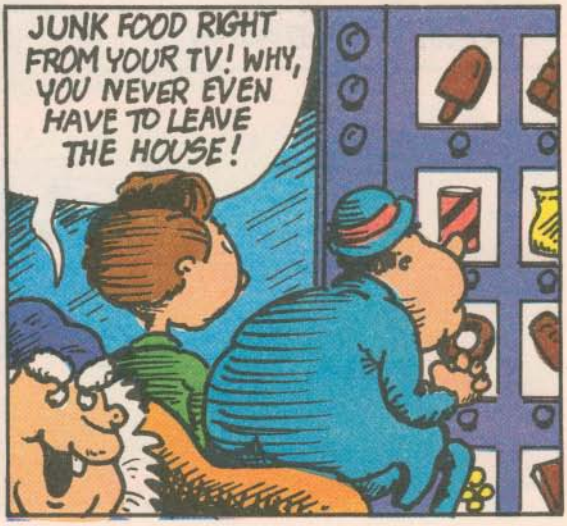

SO THEY TRIED AGAIN...

?? 1729 MUST HAVE TAKEN A WRONG TURN!
ONE MORE BLUNDER JEEPERS AND I'LL TURN YOU INTO A FIRE HYDRANT!!

SO THEY TRIED ONE MORE TIME AND LANDED IN THE YEAR...
OH PLEASE, PLEASE...

2000 A.D.!!
FINALLY! THE YEAR 2000! TERRIFIC, ISN'T IT?!
JUST KEEP UP THE BAD WORK M'BOY, AND HERE'S WHERE YOU'LL BE IN A FEW YEARS TIME!


ISN'T THE FUTURE GREAT ROD? 342 CHANNELS, 24 HOURS A DAY! GAMES GALORE...

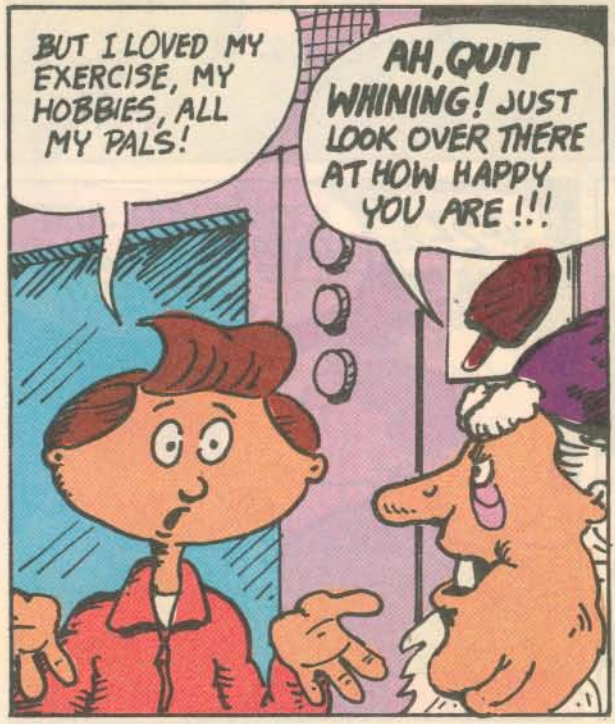

JUNK FOOD RIGHT FROM YOUR TV! WHY, YOU NEVER EVEN HAVE TO LEAVE THE HOUSE!

BUT WHAT ABOUT SEEING MY FRIENDS, EDNA AND HOLLY?

NO TIME FOR FRIENDS ANYMORE! WHO NEEDS'EM! TV IS WAY MORE CONVENIENT!!
CHOCOLATE PRETZEL?

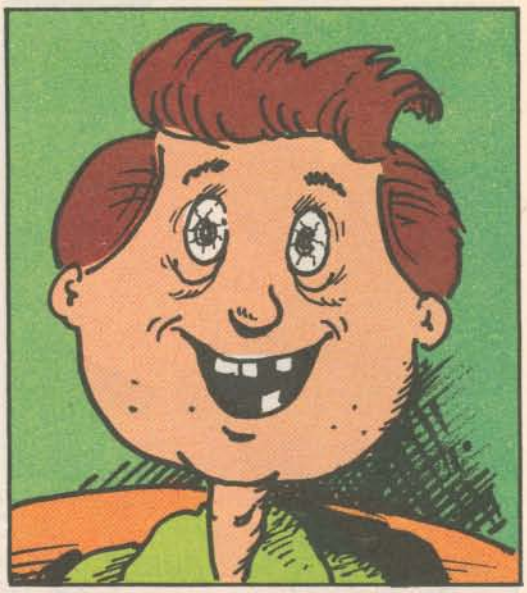
BUT WHAT ABOUT MY BICYCLING, MY SWIMMING, MY PIANO?
WHO'S GOT THE ENERGY! 12 HOURS OF TV DAY IN, DAY OUT MAKES YOU PRETTY TIRED!
AND BORED!

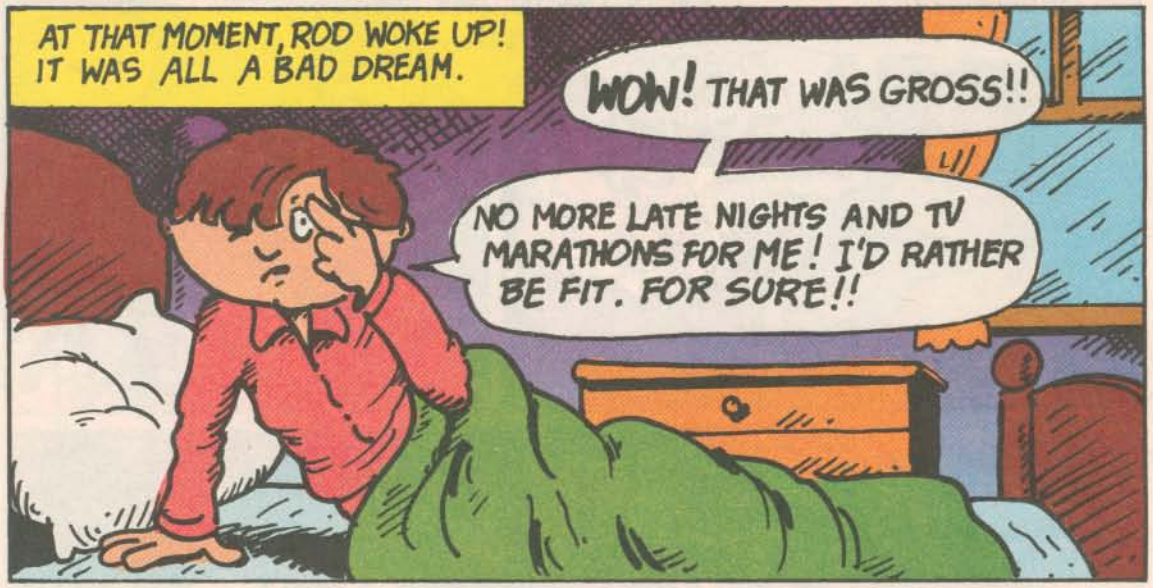
ZZZZZZZ


BUT I LOVED MY EXERCISE, MY HOBBIES, ALL MY PALS!
AH, QUIT WHINING! JUST LOOK OVER THERE AT HOW HAPPY YOU ARE!!!

I DON'T LOOK HAPPY AT ALL!!

SURE YOU DO! SMILE FOR US FUTURE ROD!

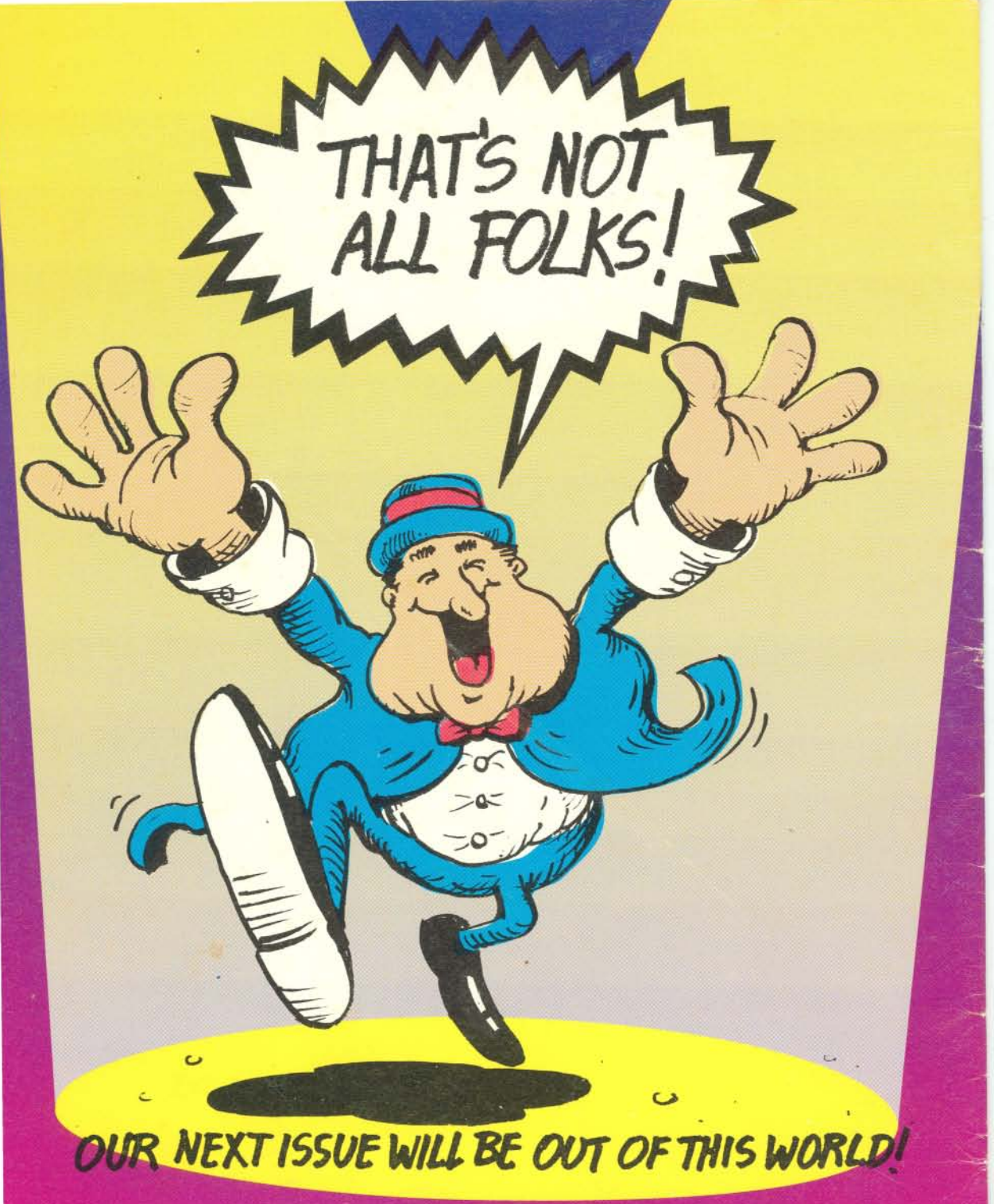



AT THAT MOMENT, ROD WOKE UP! IT WAS ALL A BAD DREAM.
WOW! THAT WAS GROSS!!
NO MORE LATE NIGHTS AND TV MARATHONS FOR ME! I'D RATHER BE FIT. FOR SURE!!

AND FINALLY ROD FELL INTO A DEEP AND DREAMLESS SLEEP...
ZZZZZZ

ZZZZZZ
DON'T YOU JUST HATE THOSE HAPPY ENDINGS!!!
THE END

HEAR TODAY. GONE TOMORROW!



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